

What is a Personal Care Plan?

♦ A personal care plan is a way for you to be more involved in decisions about your health and treatment. Treatment decisions are made **with you** based on **goals that are important to you**.

What you can do to make the Plan work best for you.

♦ **Ask questions.** You can be successful with your health care treatments. By asking questions, your care provider learns more about you and can consider other treatment. **Ask about your EF and review your medications.**

♦ **Talk** about what is working and not working in your treatment plan. You know most about what may work best for you related to your treatment plans. Talk about these issues.

♦ **Keep follow-up appointments.** Follow-up appointments help you and your care provider to review the plan and make changes. If you need to be seen sooner, call for a new appointment time. Don't wait.

Congestive Heart Failure Life-Style Personal Goals

The following goals will help you gain and keep control of the symptoms related to CHF. Try to meet these goals:

♥ I will **take my medicine as prescribed** every day and follow my treatment plan.



♥ I will follow a **healthy meal plan** and **limit salt** intake.



♥ I will **weigh myself daily** and report weight gain in excess of **5 lbs.** over 3-4 days to my doctor.



♥ I will **walk 20 minutes** or more most days each week.



♥ I will **stop smoking.**



How to stay healthy with HEART DISEASE



For patients with CONGESTIVE HEART FAILURE

A guide to help you and your healthcare provider improve your health through....

- ♥ EDUCATION
- ♥ LIFE-STYLE GOAL SETTING
- ♥ PLANNED FOLLOW-UP

Take this guide to your next appointment.

What is Congestive Heart Failure (CHF)?

Congestive Heart Failure is when your heart muscle becomes weak or stiff. A weak or stiff heart may be unable to pump enough oxygen-rich blood to meet the body's needs.

What are some of the causes of Heart Failure?

- ♥ Coronary heart disease
- ♥ Previous heart attack
- ♥ Diseases of the heart muscle
- ♥ High blood pressure
- ♥ Diabetes
- ♥ Diseased heart valves
- ♥ Alcohol or smoking

How is Heart Failure Diagnosed?

♥ Echocardiogram- is an ultrasound of the chest, which uses sound waves to see your heart. It measures how well your heart is pumping, your ejection fraction (EF).

Other tests useful for evaluating heart failure include:

- ♥ Electrocardiogram
- ♥ Physical exam and chest x-ray
- ♥ Stress test
- ♥ Nuclear scan and catheterization

Signs and Symptoms of Congestive Heart Failure

Patients with heart failure may have one or more of the following:

1. Shortness of breath with little or no activity
2. Swollen feet, ankles and legs



3. A tired, run down feeling



4. Weight gain due to fluid
5. Congestion in lungs
6. Coughing, wheezing, dizziness
7. Loss of appetite

Do you know your Ejection Fraction?



♥ The EF tells you how well your heart is pumping. With each beat, the heart should pump out (eject) at least half of the blood inside.

♥ People with a *healthy heart* usually have an *EF of 50% or greater*. Most people with *heart failure* have an *EF of 40% or less*.

Medicines that Control Congestive Heart Failure

Most people with CHF and especially those with low EF should take an ACE Inhibitor and Beta Blocker if tolerated. These medications may be used to *extend* and *improve* the quality of your life.

♥ **ACE Inhibitors** open up your arteries and make it easier for your heart to pump.

♥ **Beta Blockers** reduce the heart's rate and force of contraction so it's doing less work.

Other medicines you might receive include:

♦ **Diuretics** get rid of excess fluid

♦ **Digitalis** makes your heartbeat stronger and more regular.

♦ **Aspirin** (1) taken daily helps reduce the risk of a heart attack or stroke.



REMEMBER!!

Always call your doctor or nurse before taking any over-the-counter medications and follow your medical treatment plan.